

## AMENDMENTS TO THE CLAIMS

### Listing of Claims:

Claim 1 (**currently amended**): A method comprising administering therapeutically effective amounts of calcium to an individual treating, reducing or attenuating obesity and thereby inducing a metabolic change in said individual, wherein said metabolic change is weight loss, and further restricting caloric intake **below ad lib** and administering calcium in an amount of at least about 773 mg per day.

Claims 2, 3 and 4 (canceled)

Claim 5 (previously presented): The method according to claim 1, wherein said calcium is contained in dairy products, a dietary supplement, foodstuffs supplemented with calcium, or other foods high in calcium, or combinations thereof.

Claim 6 (previously presented): The method according to claim 5, wherein said calcium is contained in salmon, beans, tofu, spinach, turnip greens, kale, broccoli, waffles, pancakes, pizza, milk, yogurt, cheeses, cottage cheese, ice cream, frozen yogurt, nutrient supplements, calcium fortified vitamin supplements, or liquids supplemented with calcium, or combinations thereof.

Claims 7- 26 (canceled)

Claim 27 (previously presented): The method according to claim 5, wherein said calcium is contained in dairy products.

Claim 28 (previously presented): The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 29 (previously presented): The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 30 (previously presented): The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 31 (previously presented): The method according to claim 6, wherein said calcium is contained in salmon.

Claim 32 (previously presented): The method according to claim 6, wherein said calcium is contained in beans.

Claim 33 (previously presented): The method according to claim 6, wherein said calcium is contained in tofu.

Claim 34 (previously presented): The method according to claim 6, wherein said calcium is contained in spinach.

Claim 35 (previously presented): The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 36 (previously presented): The method according to claim 6, wherein said calcium is contained in kale.

Claim 37 (previously presented): The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 38 (previously presented): The method according to claim 6, wherein said calcium is contained in waffles.

Claim 39 (previously presented): The method according to claim 6, wherein said calcium is contained in pancakes.

Claim 40 (previously presented): The method according to claim 6, wherein said calcium is contained in pizza.

Claim 41 (previously presented): The method according to claim 6, wherein said calcium is contained in milk.

Claim 42 (previously presented): The method according to claim 6, wherein said calcium is contained in yogurt.

Claim 43 (previously presented): The method according to claim 6, wherein said calcium is contained in cheeses.

Claim 44 (previously presented): The method according to claim 6, wherein said calcium is contained in cottage cheese.

Claim 45 (previously presented): The method according to claim 6, wherein said calcium is contained in ice cream.

Claim 46 (previously presented): The method according to claim 6, wherein said calcium is contained in frozen yogurt.

Claim 47 (previously presented): The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 48 (previously presented): The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 49 (previously presented): The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Claim 50 (**currently amended**): A method comprising administering a sufficient amount of calcium to an individual treating, reducing or attenuating obesity and thereby inducing weight loss, wherein the individual is maintained on a restricted caloric diet **below ad lib** and the calcium is contained in dairy products and is administered in an amount of at least about 57 servings of dairy per month.

Claim 51 (previously presented): The method according to claim 50, further comprising attenuating, controlling and/or reducing weight gain and/or increasing the metabolic consumption of adipose tissue.

Claim 52 (previously presented): The method according to claim 1, wherein calcium is administered daily in an amount of at least about 1000 mg.

Claim 53 (previously presented): The method according to claim 1, wherein calcium is administered daily in an amount of at least about 1,346 mg.

Claim 54 (previously presented): The method according to claim 50, wherein the calcium is contained in dairy products.

Claim 55 (previously presented): The method according to claim 54, wherein the dairy product is milk, yogurt, and/or cheese.

Claim 56 (cancelled)

Claim 57 (previously presented): The method according to claim 54, wherein the amount is at least about 102 servings of dairy per month.

Claim 58 (previously presented): The method according to claim 50, wherein the individual has Grade I obesity.

Claim 59 (previously presented): The method according to claim 50, wherein the individual has Grade II obesity.

Claim 60 (previously presented): The method according to claim 50, wherein the individual has Grade III obesity.

Claim 61 (**currently amended**): A method comprising administering therapeutically effective amounts of dietary calcium to an individual restricting caloric intake **below ad lib** and thereby inducing a metabolic change in the individual, wherein the metabolic change is weight loss and the dietary calcium is administered in an amount of above about 400 mg per day.

Claim 62 (previously presented): The method according to claim 61, further comprising increasing the amount of dietary calcium to a level above 400 mg per day.

Claim 63 (previously presented): The method according to claim 62, further comprising increasing the amount of dietary calcium three fold.

Claim 64 (previously presented): The method according to claim 61, wherein the amount of dietary calcium is at least about 1000 mg per day.